



## *The National Day Parade and*

## *the Celebration of Mid Autumn Festival*

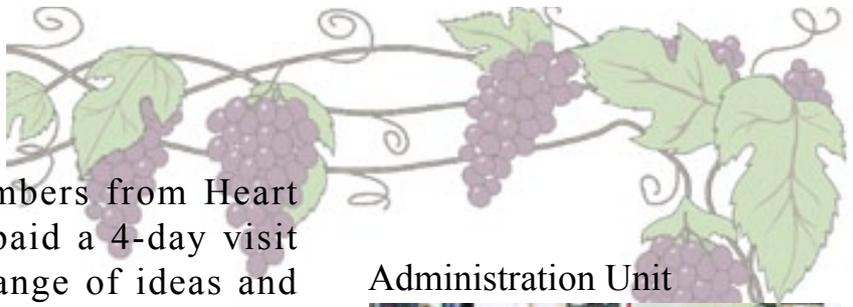
Thursday, Oct 1, was a public holiday. The Clubhouse activity of that day was to watch the National Day Parade and to celebrate Mid-Autumn Festival at the same time. That morning we met at the Shau Kei Wan MTR station. Then we walked to Shau Kei Wan St. East to watch the performances there. The program was rich with all kinds of shows, including a children's dance, a Chinese dance, and various routines on the bike performed by the Bike Trail Club. Because it was very hot, some Clubhouse members went into the Ten Dollar Shop to enjoy the air-conditioning while others took photos of the performances.

At about 11:00 a.m., we took the tram to have lunch at the Neway Karaoke Lounge. We rented 2 karaoke rooms, one for singing current popular songs and one for singing classics, which was a perfect arrangement that catered to everyone. Besides singing songs, we also enjoyed a great lunch. We have to thank Kong-Sang for helping Clubhouse members who didn't know how to operate the machines for song selection. Everybody had a fun day.

Ho



# The 4-Day Exchange with Heart Wing Clubhouse on the Clubhouse Model



In September, 3 staff members from Heart Wing Clubhouse, Chang-sha, paid a 4-day visit to Phoenix Clubhouse for exchange of ideas and learning. During these four days, they participated in the daily operation of the 4 units of the Clubhouse, including the Administrative Unit, the Clerical Unit, the Environmental Protection and Tuck Shop Unit, and the Food Services Unit.

They were serious and they continually jotted down important points in notebooks. In the process of sharing with our staff, they realized the strengths and inadequacies of their own Clubhouse.

They also gained a deeper understanding of the Clubhouse Model. This surely will help the Heart Wing Clubhouse in their up-coming registration. Here we wish them every success in that endeavour!

As for the staff and members of Phoenix Clubhouse, they realized after these 4 days that they urgently needed to improve their Putonghua. Some members even want the Clubhouse to hold another Putonghua class very soon. For myself, I hope that in future I can go to the Mainland for exchange activities with my fellow countrymen!

Tsuen-Hung

Administration Unit



Clerical Unit



Food Services Unit



Photo with Heart Wing Clubhouse Staff



Environmental and Tuck Shop Unit



# The Retirement of Marge

So, Marge retires! In fact, I had known Marge when this Clubhouse was still an Occupational Therapy Unit. That means we have been friends for 12 years! When the Occupational Therapy Unit turned into a Clubhouse, she and I took a 3-week Clubhouse Model Training Course in which we learned how the Clubhouse Model could help rehabilitated patients. After this training, Marge often partnered with me to explain the Clubhouse standards. Because we have been friends for so long, Marge was the very first person I talked to when I came across difficulties. When I learned that she was retiring, I felt that I would certainly miss her very much.

I was honoured to participate in the preparations of Marge's farewell party. A lot of work was necessary for a memorable event. Staff member Henry and I held many meetings beforehand to discuss the program and the kinds of food for that party.

It was a formal and warm farewell party. I was the M.C. There were many different kinds of food. Everybody chatted and laughed and enjoyed the food. We reminisced with Marge on things of the past-- things that brought back fond memories.

When the "banquet" ended, we didn't want to let Marge go. Many members as well as staff members had photos taken with Marge as we said good-bye to her. We all wish Marge a good life and happiness after her retirement.

Rowena



## Thoughts of Members: My Feelings

I've spent 10 years at the Clubhouse and I wish to share with everyone my experience since its establishment. In the Clubhouse, I have met members from all walks of life; some are well-educated professionals, some university graduates, and some experts in the food industry; others are grass root citizens. We lead different lives but we share one thing in common; we are all unfortunate enough to be suffering from mental illness. Yet, we all have one goal, and that is to face life with a positive attitude, preventing the mental illnesses from worsening. As far as I have seen, members that have high attendance rates at the Clubhouse are more stable and can re-integrate into society quite soon. Therefore here, in the Phoenix Newsletter, I want to encourage members to attend the Clubhouse more often, to make their lives fuller, so that they can re-integrate into society sooner. Thank you for sharing my thoughts!

# Reports of the Various Units

## Administration Unit

1. On Thursday, 19 November, 2009, there will be an “Open House cum Employers’ Reception”. The preparatory work is going on; members are encouraged to take part in it.
2. Marge and Wendy retire in October and January respectively.
3. Three Heart Wing Clubhouse Staff have completed 4 days of learning and exchange held from Tuesday 22 September to Friday 25 September.
4. We welcome new member Joyce to the Administrative Unit.
5. From 22 February 2010 to 12 March 2010, there will be a 3-week training course at Stepping Stone Clubhouse in Brisbane, Australia. One member will be elected as a delegate from Phoenix Clubhouse.
6. On 23 October, 2009, Eva and Rowena will go to Florida, U.S.A. to attend the 15th International Clubhouse Conference. Chung Kai-Kin, M.D. will be there also.
7. Regarding the re-location of the Clubhouse: the preliminary draft of the furniture has been checked.

## Transitional Employment

1. On 15 September, Kin-Chung started as Professional Development executive assistant at Baker & McKenzie law firm.
2. In September, Wah became an office assistant at the University of Hong Kong.
3. On Monday, 12 October, seven members got group placement jobs at Jardine Engineering Corporation.

## Clerical Unit

1. We thank Dr. Anna Lam and Dr. Carmen Lam for buying mooncakes and sponsoring festival activities.
2. Open House cum Employers’ Reception will be held on 19/11 (Thu). Preparation is in progress.
3. We welcome May to the Clerical Unit.

## Education

1. Our Putonghua tutor Mr. Chan Kwong broke his leg in an accident. The Putonghua Course will be suspended until Mr. Chan gets well. We wish him a speedy recovery.

## Environmental and Tuck Shop Unit

1. Wendy will be retiring in January 2010. We will be interviewing her potential replacement on 9/11 (Monday).
2. Two “5”s Verifier finished the “5”s verification on September 30.
3. The gift for the Open House cum Employers’ reception is going to be recycle bags. The design and color of the recycle bag has been decided on in the last weekly meeting.

## Food Services Unit

1. We welcome our new staff Alan Ching, who joined our Food Services Unit on 14/9.
2. Marge retired on 9/10. We thank her for the contributions to the Food Services Unit and Clubhouse.
3. In collaboration with Hong Kong Park, the Healthy Food Product Workshop was held on 18/9. Thank you all for your attendance and support.





## November 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
		Computer Class (5:15-7:00) Henry, Hung		Weekly Meeting (4:15-5:00)		Central & Western District Health Festival Rebecca, Enzo, Keung
8	9	10	11	12	13	14
		Standards Meeting (2:30-3:00)		<i>Preparation meeting on Open House cum Employers' Reception (11:00)</i> Monthly Meeting (3:30-5:00) English Class and Tea Time (5:15-7:00) Enzo, Alex Kerr	<i>Preparation meeting on Open House cum Employers' Reception (3:15)</i>	Employment Lunch How to manage your Investment Wendy, Eva, Calvin
15	16	17	18	19	20	21
		Standards Meeting (2:30-3:00) Table Tennis (5:15-7:00) Henry, May	<i>Preparation meeting on Open House cum Employers' Reception (11:00)</i> Weekly Meeting (4:15-5:00)	<i>Preparation meeting on Open House cum Employers' Reception (3:15)</i> <i>Open House cum Employers' Reception (6:00-7:30)</i>		Chess, food tasting and karaoke, Birthday Party Henry, Alan, Lung
22	23	24	25	26	27	28
		Standards meeting (2:30-3:00)		Weekly Meeting (4:15-5:00) Healthy Walking (5:15-7:00) Enzo, Lam		Education Lunch: Pre-employment Training Program and Youth Work Experience and Training Scheme Brian, Eric, Rowena
29	30					

## December 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
		Standards Meeting (2:30-3:00)		The Eastern Asian Games Demonstration Class (5:15-7:00) Enzo, Lam		Fitness Equipment, Audio-Visual Entertainment, Birthday Party Eva, Enzo, Chi Wai
6	7	8	9	10	11	12
		Standards Meeting (2:30-3:00) Healthy Cooking (5:15-7:00) Alan, Calvin, Henry		Monthly Meeting(3:30-5:00)		Hiking King, Wendy, Henry
13	14	15	16	17	18	19
		Standards Meeting (2:30-3:00)	Professional Yoga Class (5:15-7:00) June, Henry, Man Ling	Weekly Meeting(4:15-5:00)		Employment lunch: Learning the MPF Rebecca, Alan, Neil
20	21	22	23	24	25	26
		Christmas Tea (5:15-7:00) Enzo, Eric, Rowena		Weekly Meeting(4:15-5:00)	Christmas Hiking and lunch in Pizza Hut Rebecca, Enzo, Lam	
27	28	29	30	31		
				Monthly Meeting(4:15-5:00) Wendy's Farewell Party (5:15-7:00) Henry, Janet		

Phoenix Clubhouse  
4/F David Trench  
Rehabilitation Center,  
9B Bonham Road, Hong Kong

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**Printed Matter**

## Latest News:

1. The interview of the potential new staff of the Environmental and Tuck Shop Unit is arranged on 9/11 (Mon). This person will replace Wendy.
2. Open House cum Employers' Reception will be held on 19/11(Thu). All members are welcomed.
3. We welcome Alan Ching to our Food Services Unit.
4. Wendy's farewell party will be held on 31/12(Thu), Time: 5:15pm – 7:00pm.
5. Phoenix Clubhouse has received the three-year Clubhouse Certification document from ICCD.

**Special thanks to Miss Stella Poon for proofreading the newsletter.**

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### **Opening Hours:**

Work-ordered Day  
Monday - Friday : 8:30am - 5:15pm  
Saturday : 9:00am - 1:00pm  
Social Activities  
Tuesday or Thursday: 5:15pm - 7:00pm  
and some public holidays

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